

# REFLECT



I am grateful for...

My intention for this week is...

Lined writing area for "My intention for this week is..."

3 things that make me feel loved are...

Lined writing area for "3 things that make me feel loved are..."

I can take a better care of myself by...

Lined writing area for "I can take a better care of myself by..."

My definition of self-compassion is...

Lined writing area for "My definition of self-compassion is..."

ASK

GIVE

SHARE